



I'm not robot



Continue

How to get hearts on musically

Heart conditions can have a huge effect on other bodily functions and performance, and can develop as a result of a number of factors. Learn more about heart conditions and their impact on the body. SEE MORE PHOTOS Garden profileLocation: Lafayette, CaliforniaType of Garden: European style with twistSize west coast: 5 1/2 hectaresSite Specifics: Diverse sun and shade; Hilly and flat Zonahardiness: 8bAge: 13 years Designer Dena Fishbein's world is filled with flowers. Head of diy network series Beautify This!, Dena has turned her talent for turning everyday items into a range of stationery, fabrics and decorative accessories sold in stores across the country. Many of her designs begin with stylized flowers and botanical patterns that she paints by hand. There's something about the colorful bloom on the pillow or drapery that immediately lifts the spirits, she says. Denin's design is often inspired by the lush gardens surrounding her Lafayette, California, home where she lives with her husband/business manager Danny and three children. For the past 13 years, they've been working on a 75-year-old house while turning a 5 1/2-acre garden into a showcase of outdoor rooms. By indoors, Dena Fishbein beautifies furniture and fabrics with stylized floral patterns indoors and outdoors. Here are her tips for turning the courtyard into enchanting vignettes: Use antique elements like iron gates or fencing found at a flea market to create outdoor architecture. Fill the birdhouse with ivy or perennials for an offbeat planter and trail marker. The group jointly opposes making a focal point. A collection of birdhouses placed on the side of the barn will notice the view. For fun or dinner, pull the rug onto the lawn and amass it with toasts for comfortable places where guests can chat for hours. Don't forget the garden after dark. Plenty of lanterns, candles and torches can fill the garden with a game of shadows and light. Fishbeins got really serious about the design of their gardens five years ago when they were planning a wedding. Working with landscape designer Laurie Callaway, a family friend, they drew up a master plan for their property with a variety of separate gardens they could complete in stages. Trimmed with antique fences, stone walls, arbors and shrubs, separate spaces are dedicated to perennials, vegetables, herbs and more than 100 rose plants. Since Dena is a flea market vulture, old architectural elements define outdoor spaces as spacious enclosures. Wrought iron fence filigree includes a vegetable garden, for example, while antique arbors and pergolas are rose climbing hotspots. Recently, an old chandelier was hung from a branch of an old tulip magnolia. Below it is an antique table and chairs on a bed of gilded gravel, the perfect place for alfresco dining. It's beautiful outdoor spaces that family and friends can discover as they melee through the yard, dena says. Gardens are really extensions of our interior rooms. This content is created and maintained by a third party and is imported to this page to help users order their e-mail addresses. You may be able to find more information about this and similar content on piano.io Music can make you laugh or cry, infuriate or calm you down. Some say it's good for the soul. It might as well be good for the heart. Make no mistake - daily doses of Mozart will not clear arteries or repair a faulty heart valve. But music can make it easier for you to recover from a heart procedure, get you back to normal after a heart attack or stroke, relieve stress, and maybe even lower your blood pressure a little. The sound of healing Music and healing once went hand in hand. The Chinese sign for medicine includes a character for music. In ancient Greece, music was used to relieve stress, promote sleep and relieve pain. Native Americans and Africans used singing and singing as part of their healing rituals. In Western medicine, the relationship was gradually broken when medical skills gave way to their time in medical science. It is slowly being rebuilt as music therapists demonstrate the value of music for treating people with everything from Alzheimer's to chronic pain and substance abuse issues. Since 1980, researchers have drawn attention to the effects of music on the cardiovascular system. Most looked at individual variables, such as changes in blood pressure, heart rate or blood flow through arteries. Some looked at more holistic effects. For example: At Massachusetts General Hospital, a team led by a nurse found that heart patients locked up in bed who listened to music for 30 minutes had lower blood pressure, slower heart rate and less stress than those who didn't listen to music. Another team led by a nurse at the University of Wisconsin-Milwaukee found that heart attack survivors, who listened to quiet music for only 20 minutes in a quiet environment, were less concerned about their health than those resting in a quiet room without music. At Abbott Northwestern Hospital in Minneapolis, men and women who listened to music shortly after heart surgery were less anxious and reported having less pain than those who just rested peacefully. At the University of Maryland Medical Center in Baltimore, researchers measured blood flow through the forearm (stand-in for blood vessel health) while healthy volunteers listened to music or relaxation strips. Blood flow increased significantly as volunteers listened to joy-inducing music or relaxation strips, and decreased while listening to anxiety-inducing music. In a study from Hong Kong, older volunteers who listened to relaxing music for 25 minutes a day for four weeks descended pressure (upper number in blood pressure reading) by 12 points and their diastolic pressure (lower number) by 5 points, while the control group that did not listen to music had no changes in blood pressure. Not all trials have been successful. Several have found that music has little effect on physiological measures such as heart rate or blood pressure, or recovery from heart procedures. Contradictory results should not come as a surprise. One of the biggest obstacles to studying the effects of music on the heart is music itself. It's not a single, repeatable therapy like statins or stress-reducing breathing exercises. Appeasing music, like Debussy's Clair de luna or George Winston's Moon, has different heart and body effects than something more exciting, like Seventy-six trombones from The Music Man, Puccini's Nessun Dorma, or almost anything from the Red Hot Chili Peppers. The music is also very personal - what you consider to be a mixer can sound to someone else like a nail on a board. One thrust of current research in music therapy is to see if specific sounds or pace affect the heart regardless of the listener's musical preferences. Finding a relaxing melody that slows the heart rate, reduces blood pressure and improves blood flow for opera and rock-and-roll lovers would make it easier to offer music therapy. Music is just one of many techniques that have been promoted to heal the mind and body. Others include: Transcendental Meditation. Practicing the art of transcendental meditation can lower blood pressure, improve blood sugar and insulin levels and relieve stress. Other calming strategies, such as yoga or relaxation responses, can do the same. Massage. After heart surgery, a simple massage reduced pain levels in a study at the Mayo Clinic. Whether massage affects the heart in other ways is not well known, but it certainly feels wonderful. Tai chi. The combination of simple, breezy fluttering movements and deep breathing in tai chi offers a safe, mediated form of exercise for people with heart failure. Guided images. A program of focused thoughts and suggestions that help you imagine a relaxed, focused condition can lower blood pressure and reduce other stress-related problems. Prayer. Personal prayer can help invoke responses to relaxation, which can reduce your own stress, while praying for a loved one or friend can provide emotional or spiritual support that reduces his or her stress. Humor. Laughter can be a good remedy for the heart and circulation. In a study at the University of Maryland, blood flow improved with volunteers laughing at funny movie scenes. Do you have a favorite place? You may be attracted to a local park or pond or enjoy a walk on the beach to watch the sunset. You may find solace in a church, museum or library. Visiting your place several times a week is a good way to forget your worries, increase vitality and feel better. These restorative effects can be good for the heart, especially one that is stressed. Combine a visit to your favorite place with a long walk, and this is twice as good a remedy. Pampering there are several ways to let music into your heart. One is working with a music therapist. Think of a music therapist as a guide, someone who can help you find music that elicits the most authoritative answers from you as well as the most negative ones. He or she can help you become a more active listener, using music to help you defend yourself from negative thoughts, relieve anxiety, and summon energy. A music therapist can also encourage you to make music with bells, drums, voice or other instruments. Do-it-yourself music therapy is another option. Find some music that makes you feel good. Choose some quiet, relaxing pieces, as well as a few stimulating ones. If you feel stressed, sit back and listen to the music unite for about 20 minutes. If you need a pick-me-up, play something energizing. Watch how music makes you feel and give in to those emotions. Think not only of music as a treatment, but to make it part of your everyday life. Disclaimer: As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please write the date of the last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. Clinician.

